



SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE SEPTEMBER, 2009



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	Sliced Turkey w/ Divan Sauce Boiled Red Potatoes Broccoli & Cauliflower Whole Grain Dinner Roll Melon Wedge	2	Summer Vegetable Soup Cold Cut Grinders Lettuce & Tomato & Onions Mayonnaise & Mustard Macaroni Salad Grinder Roll/Saltines Peach Cherry Crumble	3	NATIONAL COCONUT DAY! Apricot Glazed Pork Loin Oriental Rice Green & Wax Beans Oatnut Bread Coconut Cream Pie Applesauce	4	Minestrone Soup Veal Parmesan Rigatoni & Italian Sauce Mixed Vegetables Italian Bread Saltines Pineapple Tidbits
7	CLOSED IN OBSERVANCE OF LABOR DAY	8	Pineapple Juice Herb Crusted Cod Loin w/ Lemon Sauce Rice Pilaf Broccoli Spears Tartar Sauce Rye Bread Peaches	9	Roast Beef w/ Vegetable Gravy Baked Potato w/ Sour Cream Spinach 12 Grain Bread Apricots	10	Cheesy Lasagna Tomato, Cucumber and Onion Salad Cut Carrots Italian Bread Fresh Fruit	11	Beef Barley Soup Almond Cherry Chicken Salad on a Roll Fresh Summer Salad w/ Vinaigrette Dressing Oven Baked Potato Wedges Saltines Fruit Festival
14	Rigatoni & Meatballs w/ Italian Sauce Antipasto Salad w/ Italian Dressing Baby Carrots Parmesan Cheese Italian Bread Fresh Fruit	15	Kielbasa Apple Butter Baked Beans Coleslaw Rye Bread Mustard Fruit Cocktail	16	Navy Bean Soup Breaded Chicken Cutlet w/ Gravy Parslied Bowties California Blend Vegetables Whole Wheat Bread/Saltines Pineapple Tidbits & Mandarin Oranges	17	Apple Juice Roast Turkey w/ Gravy Herbed Stuffing Peas & Carrots Cranberry Sauce Oatnut Bread Butterscotch Pudding w/ Topping	18	Stuffed Salmon w/ Newburg Sauce Lyonnaise Potatoes Prince Edward Vegetables Wheat Bread Tropical Fruit
21	American Chop Suey Sliced Carrots Tossed Salad Greens w/ Raspberry Vinaigrette Dressing Whole Wheat Dinner Roll Sliced Pears	22	Oven Fried Chicken Herbed Stuffing Sicilian Blend Vegetables Oatnut Bread Fresh Fruit	23	NATIONAL AUTUMN LEAVES ARE FALLING DAY! Autumn Soup, Pork Ribecue Apple Butter Baked Beans Capri Vegetables Multi Grain Roll, Saltines Apple Crumble Coffee Cake	24	Orange Pineapple Juice Sauerbraten w/ Gingersnap Gravy Cut Sweet Potatoes Mixed Vegetables Dinner Roll Cake w/ Icing	25	Corn Chowder Pier 17 Fish w/ Tartar Sauce Parslied Boiled Potatoes Pineapple Coleslaw Wheat Bread / Saltines Sliced Peaches
28	Lemon Baked Chicken Rice Pilaf Broccoli 12 Grain Bread Mandarin Oranges w/ Pineapple Tidbits	29	Zucchini Soup Eggplant Parmesan Rigatoni w/ Tomato Sauce Spinach w/ Lemon Broth Rye Bread / Saltines Fruit Festival	30	Orange Juice Beef Stroganoff Parslied Bowties Winter Squash Cubes 12 Grain Bread Freckled Pudding				

Elderly Nutrition Program meals are served Monday thru Friday to persons and their spouses' 60 years of age or older.
All meals are served with bread, coffee and/or tea and milk. DONATIONS: \$2.00 (or what ever you can afford).

JANET VINING, NUTRITION MANAGER 292-8279 8:30 – 1:30